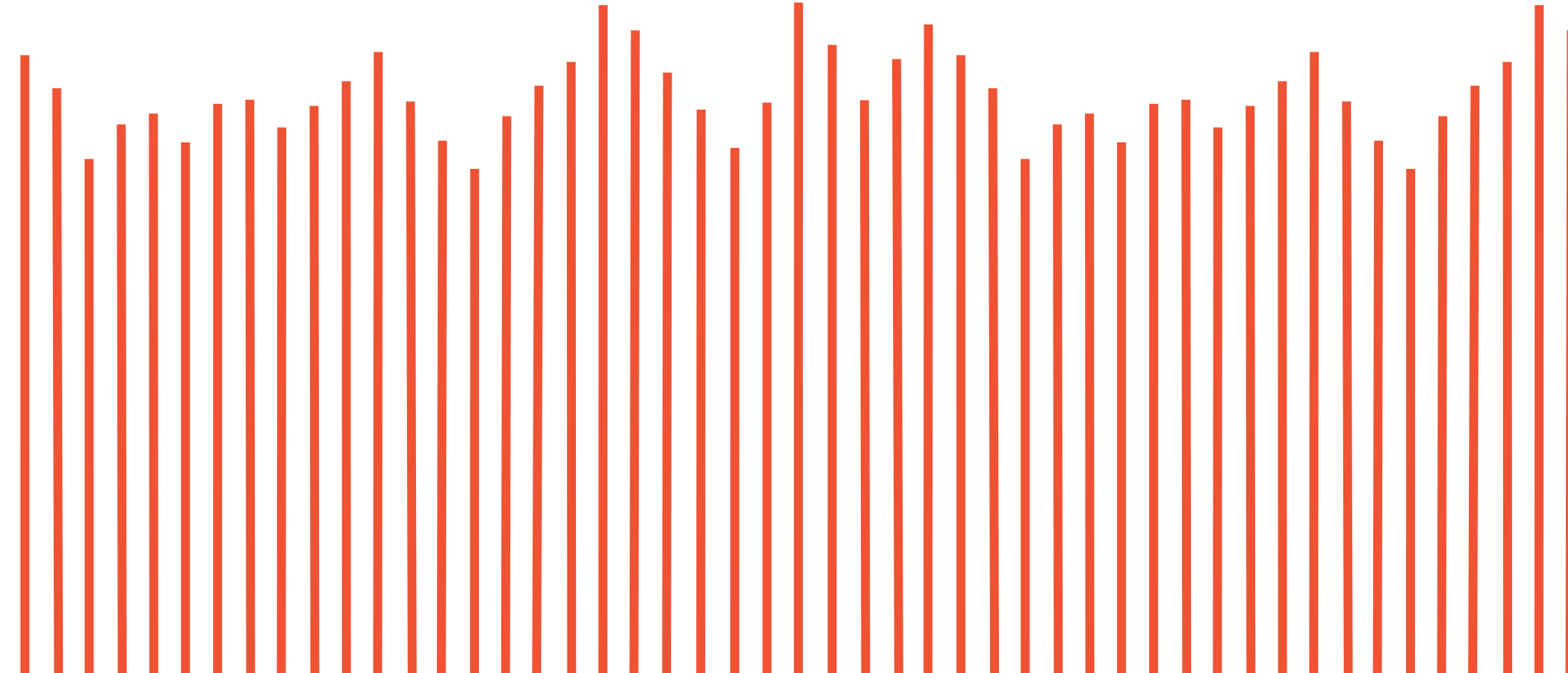
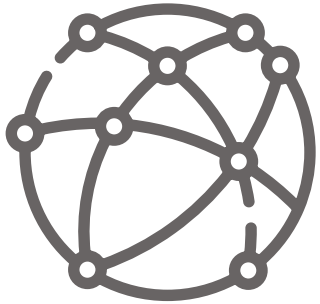
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Our Impact 2025



In 2025, we urged:

Governments, policymakers, businesses and employers in the UK – and across the world – to develop and implement solutions to ensure we all live happier, healthier and more fulfilling long lives.



Our work has engaged **millions of people** from **182** different countries

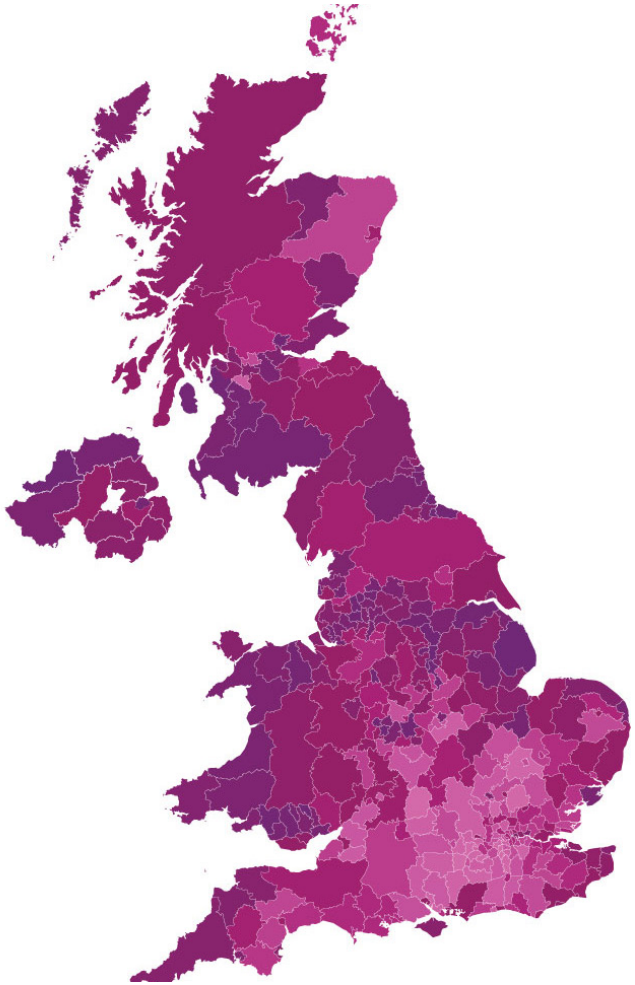
3000+ people joined us at **50** events across **11** countries



16 policy reports published, spanning local economic opportunity, global prevention levers and the future of the intergenerational contract.



Over the last year, we launched our:



UK Better Lives Index

"These rankings are a stark reminder that behind every statistic are real people, families, children, older people, working hard but struggling to stay afloat. This is not just a problem in one city or one region. Too many communities across Northern Ireland are being left behind compared to the rest of these islands. Access to opportunity, services, and security should not depend on where you were born or live."

Sinead McLaughlin, MLA for Foyle, NI

Up and down the country coverage of the Better Lives Index reached parts of the UK we'd never reached before:

THE SCOTSMAN

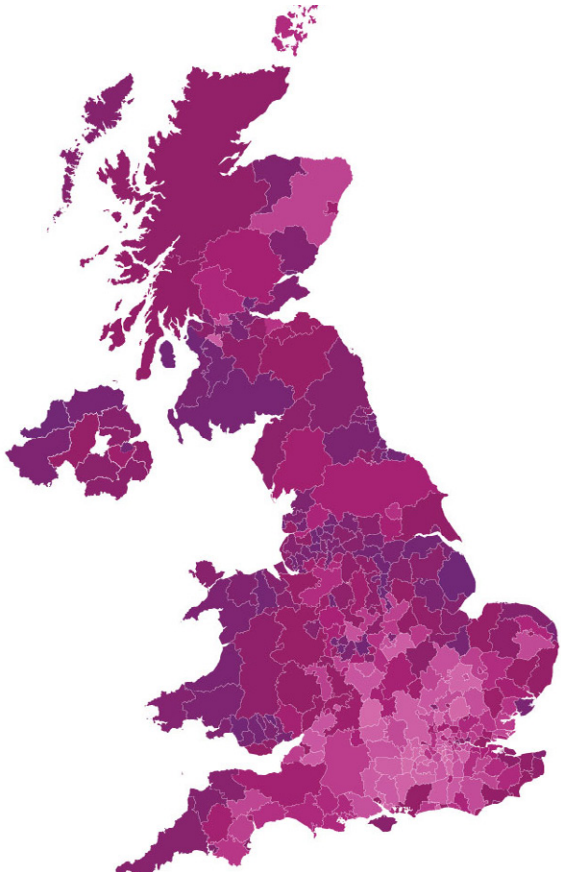
THE NEW STATESMAN

Newry Reporter

Wigan Today | Wigan Observer Wigan Post

Part of Lincolnshire named worst place to live in UK but MP says 'the public know they're wrong'

The study highlighted high levels of health inequalities and poor quality of life



THE TIMES

Best place to be born in UK revealed — where does your area rank?

A small district has topped an index on where to be born, live and die in the country and many of the leading 20% are in the south of England

Home and Gardens

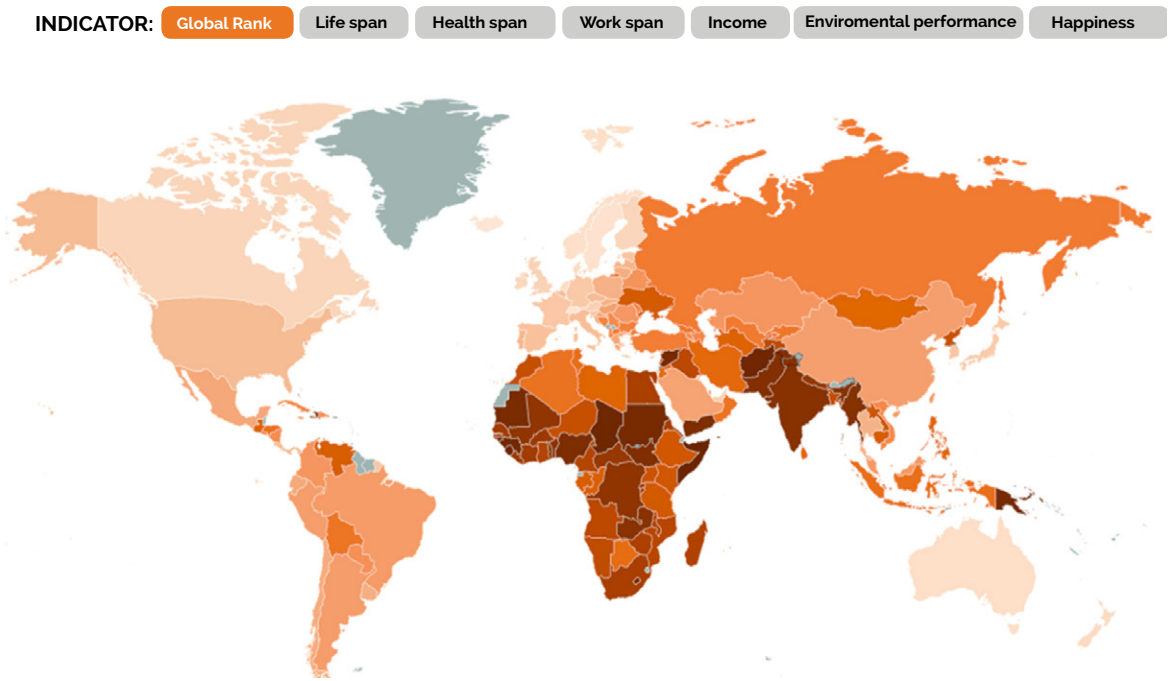
The 5 best places to be born, grow up and grow old in the UK, where houses are still affordable

YORKSHIRE POST

Watford ranked among top 100 places to be born in ILC list

16TH SEPTEMBER 2025 ENVIRONMENT WATFORD

Over the last year, we have been invited to places from the UN World Social Summit to the IFA Global Conference on Ageing to showcase our work on global ageing:



Our Healthy Ageing and Prevention Index that ranks how 153 countries across the world are adapting to longer lives.

> *[ILC] are working on a particularly interesting Healthy Ageing and Prevention Index. I have been using the index on almost a daily basis with clients as it is so relevant to the longevity and well-being agenda.*

Yvonne Sonsino, Former Total Wellbeing & Longevity Lead, Mercer

And, in 2025, we had more impact across Europe than ever before

> *I recently read your 'Going the distance: reimagining health across the 100-year life in Europe' report and thought the roadmap laid out such a clear path forward to help our increasingly ageing society. It's resources like this that really pave the way for change.*

Attendee at ILC Europe Network conference, July 2025

> *I learned a lot from the other speakers, from how not to discriminate when it comes to ageing, to how to keep people engaged in communities in Portugal, and much more. It's been great to hear your thoughts drawing on your rich experience on healthy ageing and beyond.*

Daniel Woehl, Head of Unit at the European Commission

Roadmap: a blue print for a 100-year life

Adulthood 20-100+



Governments, city/town planners, and local authorities must:

- Adapt transport infrastructure to support more active travel
- Design and invest in a built environment that supports connection and physical activity



Governments, local authorities, and employers must:

- Create accessible infrastructure and opportunities for sport and recreation



Health and finance leaders must:

- Invest in and prioritise seasonal and routine immunisation programmes
- Prioritise access to preventative programmes including screening programmes for cancers and biological risk factors and smoking cessation services



Employers must:

- Facilitate access to prevention, including immunisation programmes, occupational and mental health services, and flexible working where possible.

Going the distance: reimagining health across the 100-year life in Europe

Over the last year, we have:

Hosted delegations of senior Government officials from South Korea, Singapore and Taiwan to inform their ageing strategies.



Held events in places from Canal Street in Manchester to the fringes of the G7, G20 and UN and from the World Health Summit in Berlin to the British Embassy in Slovakia.



Given oral evidence to Select Committees in both Houses of Parliament.

We have inspired others:

> *Thank you for sight of the report – some properly brilliant stuff in there, including the Night Club case study which I knew nothing about and have followed up on!*
>
> Joe Heys, GM NTE Strategy lead

And have had some inspirational ideas:

> *I also wanted to say how much I love the "Too Good to Miss" idea as a play on Too Good to Go!*
>
> Emily Abbott, Intergenerational England

Driven urgency in the media to grapple with the reality of long lives.

40 million global reads

of a PA piece on the ageism and stigma faced by older people seeking mental health support.



> *A great explanation of critical dependency ratios and what an ageing population could mean for the future from David Sinclair of International Longevity Centre-UK. Incredible to think that Japan is heading toward a ratio of one pensioner to one worker by 2050.*
>
> Vicki Owen, Financial Journalist (BBC Radio 4's More or Less LinkedIn)

80 different national and regional media

outlets covered the UK Better Lives Index.



YouTube

38.6k YouTube views

of our webinar with M&G on Strengthening the intergenerational contract.

M&G

We were able to do all this and more in 2025, thanks to support from:





































































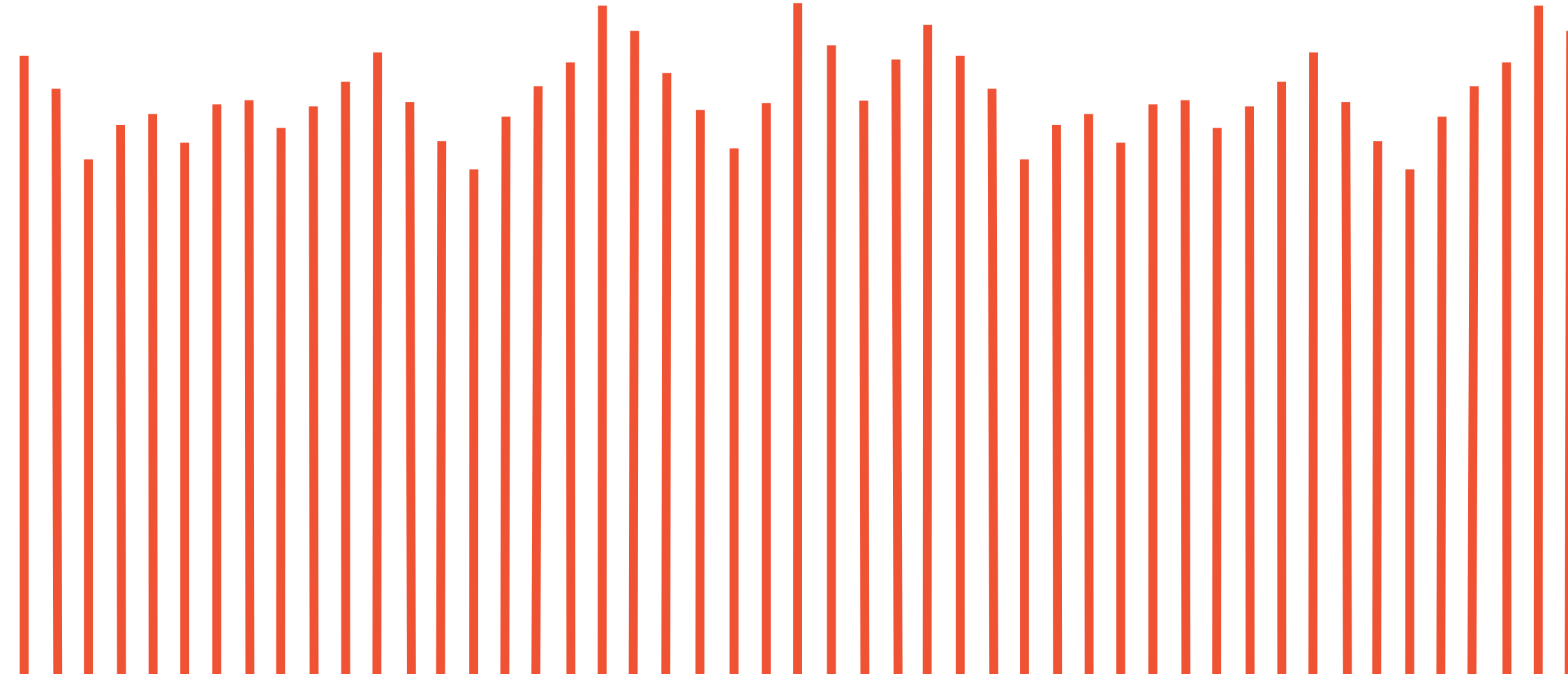






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But ageing is happening now not tomorrow



What now in 2026?

For nearly three decades, ILC has worked at the frontier of research, policy and practice, bringing together new insight, cross-sector partnerships and engagement to shape how societies respond to longevity and ageing.

For a long time, our strap line has been "What happens next" - and that means we need change now.

As we look ahead in 2026 and beyond, our team and trustees have been working on a set of missions to drive our ongoing programmes and activities.

These missions articulate the common threads across our work and sharpen how we communicate our priorities, impact and ambition for change:

- See longevity as opportunity
- Make prevention pay
- Champion fairness across generations
- Break down silos
- Think global, act local

Making change happen in 2026 and beyond

Our five missions set out how we turn long lives into better lives:



See longevity as opportunity – keeping people healthy and financially secure enables longer, more productive lives and stronger economies.



Make prevention pay – focus on solutions that improve health outcomes and deliver lasting economic and social benefits.



Champion fairness across generations – support opportunity & wellbeing at every stage of life while keeping public services sustainable.



Break down silos – unite government, business and civil society to embed ageing & longevity across all strategies and their implementation.



Think global, act local – use global insights to inform local action, and local evidence to shape global policy.

How can we work with you?

Research

"The International Longevity Centre does terrific world-leading work on the ageing population."

John Godfrey, CityUK (introducing us to a colleague June 2025)

Influencing

"Thank you for sending the recent short report from the ILC. I hope that you have sent the material to Baroness Louise Casey, who, as you know, is conducting a review for the government on social care. I think this contribution is very important."

The Rt. Hon the Lord David Blunkett (in response to ILC's "Living better with dementia" leaflet)

Convening

"I just wanted to say I really enjoyed listening to this session earlier today, the panel debates were really insightful, and the line-up of speakers was really impressive!"

Attendee of a webinar on lower birth rates and longer lives, supported by the IFoA.

Through our research, policy engagement, events & partnerships, **work with us** to make change happen. Get in touch via: ChiefExecutive@ilcuk.org.uk

About ILC

ILC is the UK's leading authority on the impact of longevity on society. We combine evidence, solutions and networks to make change happen. We help governments, policymakers, businesses and employers in the UK and across the world develop and implement solutions to ensure we all live happier, healthier and more fulfilling longer lives.

International Longevity Centre UK

The Foundry
17 Oval Way
London SE11 5RR
Tel : +44 (0) 203 752 5794

www.ilcuk.org.uk

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